

HEALTH

Creating a Health Journal

What is a Health Journal?

A health journal is a complete record of your health. You keep the health journal yourself. The journal helps you keep track of every aspect of your health.

What is Included in a Health Journal?

A health journal should keep track of your overall health. Some of the things you should include are:

- Illness or Injury
- Hospitalizations
- Surgeries
- Allergies
- Medications, vitamins or supplements that you are taking and how often you take them
- Diseases or illness in your immediate family

When you fill in your health history, be sure to include the dates. For example, if you were hospitalized, write down the date that you were admitted and the date you were discharged. You can also include notes on how you were feeling.

Why Should I Have a Health Journal?

A health journal is an easy way to keep track of your health. By recording your health history, you can keep track of illnesses, medications, treatments. Be sure to take your health journal to your doctor's appointments. This will help you provide your doctor with exact information about your health. Your doctor can also help you keep your health journal up-to-date.

Keeping track of your health history helps you to be an informed, knowledgeable patient. Knowledge allows you to take more control of your healthcare. A health journal can also help you keep yourself healthy. Your journal will help you understand what makes you sick and how to take better care of yourself.

How Do I Start My Journal?

It's best to include as much health information as possible. You can contact your doctor's office to get information from your medical records. This can help you fill in information about past health issues. If you don't have access to your past medical records, you can still record general information. If you've had surgeries or illnesses in the past, write those down. You don't need to know the exact dates. Once you've filled in as much information as you can, start recording your current health history.

